

Breakfast Bonanza

Breads and Spreads



Banana Bagel (Serves 2)

Ingredients

- 1 banana
- 1 cinnamon and raisin bagel
- 1 tablespoon reduced fat peanut butter
- Pinch cinnamon

Equipment

Bowl, fork, knife, grill and grill pan

Method

1. Peel the banana, cut into chunks and place into the bowl
2. Use the fork to mash the banana
3. Stir in the peanut butter and mix well
4. Split the bagel and place under the grill until toasted
5. Spread the mixture onto the bagel and sprinkle with cinnamon

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
274	MEDIUM	LOW	MEDIUM	MEDIUM
Kcal	5.8	1.2	12.9	0.6

Dream Date (Serves 2)

Ingredients

- 50g dried dates
- 1 tablespoon apple juice
- 1 scone
- 2 teaspoons low fat crème fraîche

Equipment

Blender, knife, spoon

Method

1. Blend together the dates and apple juice until smooth. Add a little water to help to blend the mixture if needed
2. Split the scone in half and top with the date spread
3. Serve with a teaspoon of crème fraîche

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
204	MEDIUM	MEDIUM	MEDIUM	MEDIUM
Kcal	6	1.8	19.8	0.75

Apricot Muffins (Serves 2)

Ingredients

- 50g dried apricots
- Boiling water
- 2 teaspoons low fat cream cheese
- 1 muffin

Equipment

Blender, knife, bowl

Method

1. Place the apricots into the bowl, cover with the boiling water and leave to soak until the apricots have softened
2. Blend the apricots until smooth, adding a little of the water if necessary and allow to cool
3. Split the muffin in half, spread the cream cheese and top with the apricot spread

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
168	LOW	LOW	MEDIUM	MEDIUM
Kcal	1.3	0.4	12	0.4